



## ADHD Meal Plan

Created by Restored Identity, LLC



# ADHD Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Spinach & Sweet Potato Egg Muffins	Broccoli & Pepper Egg Scramble	Spinach & Sweet Potato Frittata	Zucchini, Mushroom & Egg Breakfast	Almond Butter & Jam Chia Pudding	Cinnamon Keto Porridge	Almond Butter & Jam Chia Pudding
					Cherries	Poached Pears	Cherries
Snack 1	Raspberry Overnight Oats	Tortilla & Bell Pepper Snack Plate	Raspberry Overnight Oats	Chocolate Cherry Green Smoothie	Crackers & Hummus	Beef & Apple Lettuce Wraps	Chocolate Avocado Smoothie
Lunch	Zucchini & Ground Beef Skillet	Zucchini & Ground Beef Skillet	One Pan Chicken Thighs, Green Beans & Sweet Potato	Avocado Beef Quesadilla	Tuna Chickpea Salad	Chicken & Lentil Soup	Sweet Potato Lasagna
	Quinoa	Quinoa					
Snack 2	Tortilla & Bell Pepper Snack Plate	Raspberry Overnight Oats	Sauerkraut Avocado Mash with Crackers	Crackers & Hummus	Chocolate Cherry Green Smoothie	Snap Peas, Peppers & Hummus	Bell Peppers with Hummus
Dinner	Chicken & Lentil Soup	Chicken & Lentil Soup	Zucchini & Ground Beef Skillet	One Pan Sausage, Kale & Jicama Home Fries	Avocado Beef Quesadilla	Sweet Potato & Parsnip Hash	Steak, Butternut Squash & Zoodles
			Quinoa				

# ADHD Meal Plan

53 items

## Fruits

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- 1/4 Apple
- 2 3/4 Avocado
- 5 cups Cherries
- 1 tsp Lime Juice
- 3 cups Raspberries

## Breakfast

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- 1/3 cup Almond Butter

## Seeds, Nuts & Spices

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- 1/2 tsp Black Pepper
- 1/3 cup Chia Seeds
- 3/4 tsp Cinnamon
- 1 tsp Cumin
- 3 tbsps Ground Flax Seed
- 1/4 tsp Onion Powder
- 1/4 tsp Paprika
- 1 1/2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

## Vegetables

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- 9 cups Baby Spinach
- 1/4 head Boston Lettuce
- 1/2 bulb Fennel
- 1 1/2 Garlic
- 1 1/2 tpsps Ginger
- 1 cup Green Beans
- 4 cups Jicama
- 8 cups Kale Leaves
- 1 cup Matchstick Carrots
- 2 1/2 Red Bell Pepper
- 1 1/2 cups Red Onion
- 1 cup Snap Peas
- 2 Sweet Potato
- 1/4 tsp Thyme
- 1/2 Yellow Bell Pepper
- 1 Zucchini

## Boxed & Canned

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- 1 1/3 quarts Bone Broth
- 1 cup Chickpeas
- 1 3/4 cups Diced Tomatoes
- 1 cup Lentils
- 1 cup Quinoa
- 5 1/4 ozs Seed Crackers

## Baking

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- 1 1/8 cups Oats

## Bread, Fish, Meat & Cheese

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- 1 lb Chicken Breast, Cooked
- 1 lb Chicken Sausage
- 4 ozs Chicken Thighs With Skin
- 6 ozs Deli Roast Beef
- 16 ozs Extra Lean Ground Beef
- 4 Whole Wheat Tortilla

## Condiments & Oils

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- 2 tpsps Avocado Oil
- 3 2/3 tbsps Extra Virgin Olive Oil
- 1/3 cup Sauerkraut

## Cold

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- 8 Egg
- 1/2 cup Hummus
- 6 cups Unsweetened Almond Milk

## Other

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- 3/4 cup Chocolate Protein Powder
- 2 cups Water

# Spinach & Sweet Potato Egg Muffins

8 ingredients · 35 minutes · 4 servings



## Directions

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1. Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
2. Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
5. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
6. Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
7. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

## Notes

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### Serving Size

One serving is equal to three egg cups.

### Leftovers

Store in the fridge in an airtight container up to four days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

### No Baby Spinach

Use finely sliced kale or swiss chard instead.

## Ingredients

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- 1 1/2 **tsps** Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 **tbsp** Extra Virgin Olive Oil
- 6 **cups** Baby Spinach
- 8 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

# Almond Butter & Jam Chia Pudding

4 ingredients · 30 minutes · 3 servings



## Directions

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1. In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. In a small bowl, mash the raspberries until they resemble jam.
3. Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate covered for up to five days.

### Nut-Free

Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

### More Protein

Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

### Additional Toppings

Add cacao nibs for crunch.

## Ingredients

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- 1/3 cup** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk
- 1 1/2 cups** Raspberries
- 3 tbsps** Almond Butter

# Cherries

1 ingredient · 2 minutes · 3 servings



## Directions

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1. Wash cherries and place them in a bowl. Enjoy!

## Ingredients

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3 cups Cherries

# Raspberry Overnight Oats

5 ingredients · 8 hours · 3 servings



## Directions

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1. Add the oats, almond milk, flax seed and cinnamon together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

### Nut-Free

Use a nut-free milk such as oat or soy.

### No Rolled Oats

Use quick oats instead.

## Ingredients

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- 1 1/8 cups Oats (rolled)
- 1 1/2 cups Unsweetened Almond Milk
- 3 tbsps Ground Flax Seed
- 3/4 tsp Cinnamon
- 1 1/2 cups Raspberries (fresh or frozen, thawed)

# Chocolate Cherry Green Smoothie

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Likes it Sweet

Add more cherries.

### Extra Chocolate

Add some cacao or cocoa powder.

### Extra Thick

Add ground flax seeds or chia seeds.

### No Protein Powder

Use a blend of hemp seeds and cocoa powder instead.

## Ingredients

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**1 cup** Cherries (fresh and pitted, or frozen)

**1/4 cup** Chocolate Protein Powder

**1 cup** Baby Spinach

**1 cup** Unsweetened Almond Milk



# Beef & Apple Lettuce Wraps

5 ingredients · 15 minutes · 1 serving



## Directions

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1. Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Gently stir in the almond butter to combine. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary. Season with salt and black pepper.
2. Scoop the ground beef into each lettuce wrap and top with apple slices. Enjoy!

## Notes

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### Leftovers

Refrigerate all items in separate airtight containers for up to three days. Slice the apples just before serving.

### Serving Size

One serving equals approximately two to three lettuce wraps.

### More Flavor

Add sauerkraut or other pickled veggies.

## Ingredients

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- 4 ozs** Extra Lean Ground Beef
- 1 1/4 tbsps** Almond Butter
- Sea Salt & Black Pepper (to taste)
- 1/4 head** Boston Lettuce (leaves pulled apart)
- 1/4** Apple (cored, sliced)

# Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

### Likes it Sweet

Add frozen banana.

### Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

## Ingredients

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**1/4** Avocado

**1 cup** Unsweetened Almond Milk

**1 tbsp** Almond Butter

**1 cup** Baby Spinach

**1/4 cup** Chocolate Protein Powder

# Zucchini & Ground Beef Skillet

7 ingredients · 25 minutes · 3 servings



## Directions

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1. Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
2. Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately 1 1/2 cups.

### More Flavor

Add chili powder and/or green chilis.

### Additional Toppings

Add red pepper flakes.

### Make it Vegan

Use extra firm tofu instead of ground beef.

## Ingredients

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- 12 ozs Extra Lean Ground Beef
- 1 1/2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Diced Tomatoes (with juices)
- 1 Zucchini (medium, chopped)
- 1 tsp Cumin
- 1/4 tsp Onion Powder

# Quinoa

2 ingredients · 15 minutes · 3 servings



## Directions

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1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 3/4 cup.

## Ingredients

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**3/4 cup** Quinoa (uncooked)

**1 1/8 cups** Water

# One Pan Chicken Thighs, Green Beans & Sweet Potato

7 ingredients · 45 minutes · 1 serving



## Directions

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1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Place the chicken thighs and sweet potato on the baking sheet and drizzle with avocado oil. Season with salt, pepper, paprika and thyme. Bake for 30 minutes.
3. Remove from the oven and add the green beans to the baking sheet. Place back in the oven for 10 to 15 minutes, or until everything is cooked through. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container up to 3 days.

### No Thyme

Use rosemary, parsley or basil instead.

## Ingredients

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- 4 ozs Chicken Thighs with Skin
- 1 Sweet Potato (medium, cut into wedges)
- 1/2 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 tsp Paprika
- 1/4 tsp Thyme (dried)
- 1 cup Green Beans (trimmed)

# Avocado Beef Quesadilla

5 ingredients · 15 minutes · 1 serving



## Directions

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1. Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and spread the avocado on half the tortilla.
2. Top with the lime juice, roast beef, and red onion.
3. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

## Notes

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### Leftovers

This is best enjoyed right after cooking, but can be refrigerated for up to three days.

### Serving Size

One serving is equal to one quesadilla.

### Gluten-Free

Use brown rice tortilla instead of whole wheat tortilla.

### Additional Toppings

Add pickles or hot banana pepper slices. Serve it with yogurt or salsa.

## Ingredients

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- 1 Whole Wheat Tortilla (large)
- 1/2 Avocado (sliced)
- 1/2 tsp Lime Juice (to taste)
- 3 ozs Deli Roast Beef (sliced)
- 1/2 cup Red Onion (sliced)

# Tortilla & Bell Pepper Snack Plate

5 ingredients · 5 minutes · 2 servings



## Directions

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1. Using the back of a fork, mash the chickpeas, olive oil, salt and black pepper in a bowl.
2. Serve the mashed chickpeas alongside the tortilla and red bell pepper slices. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Gluten-Free

Use gluten-free tortilla.

### More Flavor

Add your choice of herbs and spices to the chickpeas.

## Ingredients

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- 1 cup** Chickpeas (cooked)
- 2 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2** Whole Wheat Tortilla (sliced)
- 2** Red Bell Pepper (medium, sliced)

# Sauerkraut Avocado Mash with Crackers

3 ingredients · 5 minutes · 3 servings



## Directions

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1. Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### No Crackers

Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.

## Ingredients

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- 1 1/2 Avocado (peeled, pit removed)
- 1/3 cup Sauerkraut (roughly chopped)
- 5 1/4 ozs Seed Crackers



# Snap Peas, Peppers & Hummus

4 ingredients · 10 minutes · 2 servings



## Directions

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1. Divide the bell peppers and snap peas onto plates and serve with hummus. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### No Hummus

Use baba ganoush or tzatziki instead.

## Ingredients

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- 1/2 Red Bell Pepper (medium, sliced)
- 1/2 Yellow Bell Pepper (medium, sliced)
- 1 cup Snap Peas (trimmed)
- 1/2 cup Hummus

# Chicken & Lentil Soup

10 ingredients · 30 minutes · 4 servings



## Directions

1. Heat the oil in a large pot over medium heat. Sauté the onion, fennel, and the ginger for six minutes, stirring often. Add the turmeric and mix well.
2. Add the broth and cook for another minute. Add the quinoa and bring it to a boil. Reduce the heat to medium-low and simmer for five minutes. Add the cooked chicken, carrots, and lentils and cook for another 10 minutes.
3. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days or freeze for up to three months.

### Serving Size

One serving is equal to approximately 2 1/2 cups.

### More Flavor

Season with salt and black pepper. Use chickpeas instead of lentils.

### Additional Toppings

Green onions and fresh dill.

### Make it Vegan

Use plant-based protein instead of chicken and vegetable broth instead of bone broth.

### No Cooked Chicken

Use raw chicken cut into cubes. Add it at the same time as the carrots and cook until cooked through.

### No Quinoa

Use additional lentils instead.

## Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1/2 **cup** Red Onion (large, chopped)
- 1/2 **bulb** Fennel (medium, chopped)
- 1 1/2 **tbps** Ginger (finely chopped)
- 1 **tsp** Turmeric
- 1 1/3 **quarts** Bone Broth
- 1/4 **cup** Quinoa (dry, rinsed)
- 1 **lb** Chicken Breast, Cooked (shredded)
- 1 **cup** Matchstick Carrots
- 1 **cup** Lentils (rinsed and drained)

# One Pan Sausage, Kale & Jicama Home Fries

5 ingredients · 30 minutes · 4 servings



## Directions

1. In a skillet over medium heat, cook the sausage breaking it up as it browns. Leave the rendered fat and set aside the sausage on a plate.
2. In the same skillet, add the diced jicama and cook over medium-high heat for 1 to 2 minutes or until brown on one side. Lower the heat to medium, add water and cook for 5 to 7 minutes or until tender.
3. Add the kale to the jicama and cover with a lid. Cook over medium heat for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste.
4. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately 1 1/4 cups.

### More Flavor

Cook in oil and add your choice of spices like cumin, paprika or chili powder.

### Meal Prep

Cook the jicama in advance to save time.

### No Kale

Use another hearty green such as rapini, dandelion or shaved brussels sprouts.

### No Chicken

Use turkey sausage, pork sausage or ground meat instead.

### Make it Vegan

Use lentils instead of sausage.

## Ingredients

**1 lb** Chicken Sausage (roughly sliced)

**4 cups** Jicama (peeled, diced)

**1/2 cup** Water

**8 cups** Kale Leaves (stems removed, roughly chopped)

**1 tsp** Sea Salt